



ALCOHOL AWARENESS

Presented by Steve Heath
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Steve Heath

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Session Objectives



Having attended this session, attendees will be able to:


- Identify at least 3 ways alcohol affects mental health.
- Understand their own drinking habits and motivations.
- Develop at least 2 personal strategies for mindful drinking or alcohol-free stress relief.
- Name at least 2 resources for further support or information on alcohol and mental health.



**How many of you have
ever wondered why that
first sip of alcohol seems
to instantly make you
feel more relaxed?**



- Alcohol alters neurotransmitter levels in the brain
- Alcohol increases dopamine release in the brain's reward centre
- Alcohol interferes with the brain's communication pathways
- Prolonged alcohol use can cause structural changes in the brain



Alcohol affects
mental health, and
mental health
influences alcohol use

Alcohol can
worsen anxiety
and depression
over time

Mental health
issues may lead to
self-medication
with alcohol

Co-occurring
conditions often
result in more severe
symptoms and
poorer treatment
outcomes

Early intervention
and comprehensive
treatment are crucial

Public education
needed on risks of
using alcohol to
cope with mental
health issues

1. True or False: Alcohol use can only affect mental health, but mental health issues do not influence alcohol use.

False: The relationship is bidirectional, meaning alcohol use can affect mental health, and mental health issues can influence alcohol use.

2. Which of the following best describes the initial and long-term effects of alcohol on anxiety?

- a) Initial relaxation, long-term reduction
- b) Initial anxiety, long-term relaxation
- c) Initial relaxation, long-term increase in anxiety
- d) No effect on anxiety

C: Initial relaxation, long-term increase in anxiety

3. Research has shown a strong reciprocal relationship between which two specific conditions?

- a) Alcohol Use Disorder and Bipolar Disorder
- b) Alcohol Use Disorder and Major Depressive Disorder
- c) Alcohol Use Disorder and Schizophrenia
- d) Alcohol Use Disorder and Generalised Anxiety Disorder

B: Alcohol Use Disorder and Major Depressive Disorder.



**Take a moment to reflect
on your relationship with
alcohol...**

Drinking Habits and Patterns

Motivations for Drinking

**Emotional Responses to Alcohol
Use**



**What are some ways
to drink mindfully?**

**SET CLEAR INTENTIONS
BEFORE DRINKING**

**USE SMALLER GLASSES
TO NATURALLY REDUCE
PORTION SIZES**

**MEASURE YOUR
DRINKS AT HOME**

**ALTERNATE ALCOHOLIC DRINKS
WITH WATER OR OTHER NON-
ALCOHOLIC BEVERAGES**

**SIP SLOWLY AND
SAVOUR YOUR DRINK**

**PUT YOUR DRINK
DOWN BETWEEN SIPS**

**CHOOSE QUALITY
OVER QUANTITY**

**BE AWARE OF YOUR
SURROUNDINGS AND WHO
YOU'RE DRINKING WITH**

KEEP A DRINKING DIARY

**TRY ALCOHOL-FREE
ALTERNATIVES**

**EAT BEFORE AND
WHILE DRINKING**

**SET A TIMER OR ALARM ON
YOUR PHONE TO REMIND YOU
WHEN IT'S TIME TO STOP**

**PRACTICE MINDFULNESS
TECHNIQUES LIKE DEEP
BREATHING OR BODY SCANS**

Alcohol Recovery Support Services in the UK

Alcoholics Anonymous (AA)

- Helpline: 0800 917 7650
- Email: help@aamail.org
- Website: alcoholics-anonymous.org.uk
- Provides help and support for anyone with alcohol problems.

SMART Recovery

- Phone: 0330 053 6022
- Email: support@smartrecovery.org.uk
- Website: smartrecovery.org.uk
- Provides help and support for anyone with alcohol problems.

Alcohol Change UK

- Website: alcoholchange.org.uk
- Offers information and support options for people worried about their drinking, in both English and Welsh.

Change Grow Live

- Website: changegrowlive.org
- Provides information and local support services for alcohol and drug use, as well as mental wellbeing support.

FRANK

- Helpline: 0300 123 6600
- Website: talktofrank.com
- Offers confidential advice and information about drugs, alcohol, and their effects.

We Are With You

- Website: wearewithyou.org.uk
- Supports people with drug, alcohol or mental health problems, and their friends and family.

Drinkaware

- Phone: 020 7766 9900
- Email: contact@drinkaware.co.uk
- Website: www.drinkaware.co.uk



Any Questions?

Please feel free, this is a safe space 😊



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Having attended this session, attendees will now be able to:

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